CALUMET BAKING POWDER CO.

CHICAGO

TRY THESE

SELECTED RECIPES BY CALUMET BAKING POWDER CO.

BAKING ECONOMY.

By the use of a perfect baking powder the housewife can derive as much economy as from any other article used in baking and cooking. In selecting a baking powder, therefore, care should be exercised to purchase one that retains its original strength and always remains the same, thus making the food sweet and wholesome and producing sufficient leavening gas to make the baking light.

Very little of this leavening gas is produced by the cheap baking powders, making it necessary to use double the quantity ordinarily required to secure results.

Manufacturers of cream of tartar powders ask about twice as much for their goods as that paid for any other baking powder, and food prepared from these cream of tartar powders contains large quantities of Rochelle Salts. Ask your physician what the results would be from the constant dosing of Rochelle Salts.

A baking powder that is recommended by leading physicians and chemists, and which is both perfect in quality and moderate in price, is therefore suggested—one that has been found to be "best by test"—"Calumet." From the standpoints of purity, wholesomeness and economy, there is nothing to excel it.

Food prepared with Calumet is absolutely free from Rochelle Salts, Alum, Lime, Ammonia, or any injurious substance.

STRAWBERRY BISCUIT.

One quart of flour, one heaping or two rounded teaspoonfuls of CALUMET BAKING POWDER, one teaspoonful of salt; mix thoroughly by sifting, put in a little more shortening than in ordinary biscuit, about two medium teaspoonfuls, then add milk or water enough to make a soft dough. Mold lightly and cut into large-sizcd biscuit.

Take two or three quarts of strawberries, crush them and add sugar enough to make abundance of juice. .Split and butte the biscuit while hot, spread plenty of strawberries over the biscuit and serve immediately. One large Chicago restaurant achieved a reputation and attracted a great volume of trade on this one delicacy alone.

..NOTE—Raspberries, blackberries, huckleberries, etc., can be used the same way during the entire berry season.

CURRANT OR RAISIN CUP CAKES.

Take one and one-half cups of sugar, two-thirds of a cup of butter, one cup of sweet milk, three cups of flour, three eggs, one pound of English currants, or Sultana raisins, and two rounding teaspoonfuls of CALUMET BAKING POWDER. Bake in gem pans. This recipe will make from two to three dozen cakes, according to size of pans.

STANDARD BISCUIT.

One quart of flour, one heaping or two rounded teaspoonfuls of CALUMET BAKING POWDER, one teaspoonful of salt; mix thoroughly by sifting, put in one large tablespoonful of shortening, add milk or water enough to make a soft dough. Mold lightly and cut into biscuit. Do not work the dough more than enough to mix the flour, and use enough liquid. A stiff dough, worked hard, will make a poor, soggy biscuit, and, conversely, a soft dough handled lightly will make light, palatable ones.

COLUMBIAN MUFFINS.

Beat two eggs in a quart measure. Add enough milk or liquid to fill it. Take three pints of flour, two teaspoonfuls of CALUMET BAKING POWDER, one tablespoonful of sugar, and a teaspoonful of salt; sift flour, sugar, salt and baking powder together, add milk, and stir to batter. Drop in well greased pan and bake in hot oven. Do not stir too much.

NOTE—Add two tablespoonfuls of melted butter if rich muffins are wanted.

CALUMET COOKIES.

Take one cup of butter, two cups of sugar, five eggs, three cups of flour, and one teaspoonful of CALUMET BAKING POWDER, and one cup of milk. Mix the butter, sugar and eggs till smooth, then add the flour sifted with the baking powder and then milk. Mix into a soft dough and roll out thin. Bake in hot oven for five or eight minutes.

DROP DUMPLINGS.

Sift one pint of flour with one teaspoonful of CALUMET BAKING POWDER, and one-half teaspoonful of salt. Mix to a soft dough with either milk or water. Roll out an inch thick and cut in small circles. Roll each in flour and drop on top of simmering stew. Do not crowd them in water too much. Cover and boil for twenty minutes without opening pot.

DOUGHNUTS.

Take one and a half cups of sugar, two or three well beaten eggs, four tablespoonfuls of melted butter or lard, two rounded teaspoonfuls of CALUMET BAKING POWDER thoroughly sifted in three cups of flour. Rub the butter, sugar and eggs together till smooth, and add them to the flour and baking powder, with enough sweet milk or water to make the dough stiff enough to be easily handled without sticking. Roll out half an inch thick, cut in rings or small balls and fry brown in a deep kettle of smoking hot fat. The quantities of sugar, shortening and eggs can be varied to suit the taste, and if required, nutmeg, vanilla or other flavors can be added, or they can be rolled in powdered sugar when cooked.

CINNAMON ROLLS.

Make dough as for Standard Biscuit, only use more shortening. Roll out flat into circle or square, spread with good butter and sprinkle with spice and sugar to suit taste. Roll into cylinder form and slice vertically. Bake in pans same as biscuit.

COFFEE CAKE.

One cup sugar, one-half cup molasses, one-half cup strong coffee, one-third cup of butter, two and one-half cups flour, two eggs, one-half pound raisins, one heaping or two rounded teaspoons of CALUMET BAKING POWDER, one teaspoon cinnamon, one-half teaspoon cloves, one-half nutmeg, sift flour and baking powder together, cream the butter and sugar, then add molasses and spices, then coffee and eggs, stir in the flour, and lastly the well floured raisins. Bake in one loaf in a moderate oven.

DATE CAKE.

One-half cup of milk, one and one-third cups brown sugar, one-quarter cup of butter, two eggs, one and three-quarter cups of flour, two level teaspoonfuls of CALUMET BAKING POWDER, one-half teaspoonful cinnamon, one-half teaspoonful nutmeg, one-half pound dates, stoned and cut into pieces; mix the ingredients in the order given, and beat for two minutes; the butter must be soft to combine readily; known as a quick cake.

WORTH READING.

In all the Baking Powder "Wars' that have been intermittently waged in the last twenty years there is one point that has been overlooked by the belligerent makers of these goods. Rival manufacturers have contented themselves with accusing their competitors .of making an unwholesome product. The question of keeping quality, and, therefore, efficiency in raising bread, the only purpose for which baking powder is used, appears to have been generally ignored.

There are many powders which, when fresh, and the can is first uncovered, will do fairly good work, but after standing for some time on the pantry shelf, the powder becomes so weak as to be almost worthless as far as raising bread is concerned. This is especially true in the case of the so-called "Phosphate" powders. The unsuccessful attempts to overcome this fault of the "Phosphate" powders has enlisted the services of more chemists and cost more money than the solution of any other problem connected with the raising of bread. Why buy or experiment at your own expense with these "Phosphate" powders when it is a fact that they will not fulfill the object for which they are purchased? The housewife to whom economy is an object will avoid these "Phosphate" powders.

GRIDDLE CAKES.

One and a quarter cups of flour, one heaping or two rounded teaspoonfuls of CALUMET BAKING POWDER, one teaspoonful of salt, two tablespoonfuls of sugar, two cups of milk, one egg, wel beaten, one tablespoonful of melted butter; sift together flour, baking powder, salt and sugar. .Add the egg to the milk, and pour slowly on the dry ingredients. Mix thoroughly and add the butter. Drop from the tip of a spoon on a hot griddle well greased. When full of bubbles, turn and cook the other side. Serve at once.

APPLE FRITTERS.

One and one-third cups of flour, one heaping or two rounded teaspoonfuls of CALUMET BAKING POWDER, one-quarter teaspoonful of salt, two-third cup of milk, one egg, well beaten, two apples cut in thin slices; sift together the flour, baking powder and salt. Add the milk and egg, then the sliced apples; drop by spoonfuls into hot fat. When cooked, drain, sprinkle with powdered sugar and serve at once.

JELLY CAKE.

Beat three eggs well, whites and yolks separately; take a cup of fine white sugar and beat in well with yolks, and one cup of sifted flour, stirred in gently; then stir in the whites, a little at a time, one heaping teaspoon CALUMET BAKING POWDER, and one tablespoon milk; pour into three jelly-cake plates and bake from five to ten minutes in a well-heated oven; when cold spread with currant jelly, place each layer on top of the other, and sift powdered sugar on top.

ANGEL FOOD CAKE.

Take the whites of eleven eggs, one and a half cups of fine granulated sugar, one cup of flour sifted with one teaspoonful of CALUMET BAKING POWDER six times, and one teaspoonful of good vanilla extract. Whip the whites to a stiff froth. Mix in the sugar lightly, then the mixture of flour and baking powder, finally the vanilla. Bake 40 minutes in moderate oven, and use an ungreased pan.

STEAMED APPLE PUDDING.

Two cups of flour, one heaping or two scant level teaspoonfuls of CALUMET BAKING POWDER, one tablespoonful of butter, enough **cup of milk, three or four** apples cut into slices; mix the flour, baking **powder and a pinch of salt together.** Work in the butter and add the milk. Line the bottom and sides of a well buttered **mould with the dough, put in** the apples, sprinkle with sugar and one-quarter teaspoonfulof nutmeg. Steam one hour.

CRANBERRY PUDDING.

One cup of sugar, one tablespoonful butter, one-half cup milk, two teaspoonfuls baking powder, two cups unsifted flour, yolks of **two eggs,** two cups uncooked cranberries or cherries may be used. Bake three-quarters **of an hour.**

THE LEAVENING POWER ALWAYS REMAINS THE SAME.

You cannot experiment every time you make a cake or biscuits or test the strength of your baking powder to find out how much of it you should use; yet with most baking powders you should do this, for they are put together so carelessly they are never uniform, the quality and strength varying with each can purchased. Therefore, at one time a baking powder will produce less leavening gas than at another.

If you base your calculations on the strength and results of a previous can, you may use too much or not enough of the new; your cake or biscuits will not raise; they will remain heavy and your materials in time will be lost; or else you will have a harshly acid or strongly alkaline cake or biscuits.

Avoid the cheap and "Big Can" baking powders. Cheap baking powders leave bread sometimes bleached and acid, sometimes yellow and alkaline, and always unpalatable. They are never of uniform strength and quality.

CALUMET BAKING POWDER is made of chemically pure ingredients of tested strength. Experienced chemists put it up. The proportions of the different materials remain always the same. Sealed in air-tight cans, CALUMET BAKING POWDER does not alter in strength and is not affected by atmospheric changes. Yet it is only one-half the price of the Trust baking powders.

In using CALUMET you are bound to have uniform cake or biscuits. CALUMET contains no useless adulterating ingredients. Food prepared from it is free from Rochelle Salts, Alum, Lime, Ammonia, and the cost is moderate.

CHICKEN SOUP.

Take one quart of strong chicken jelly made from boiling chicken or chicken bones; put over the fire, with one onion and one small turnip cut into small pieces, and add one tablespoonful of rice. Add water while it is boiling. When the rice and vegetables are tender, rub the soup through a colander. Season with salt and pepper and put in a cupful of cream. If you have no cream, substitute the same quantity of milk and add a teaspoonful of butter with flour rubbed into it. After the soup is in the tureen, add two hard-boiled eggs cut into slices.

POTATO SOUP.

Boil six good potatoes. Put one quart of milk in a double kettle over the fire to boil with one small onion chopped fine, and the same bulk in celery cut into small pieces. When the potatoes are cooked mash thoroughly and mix with the milk. Add a teaspoonful of butter and a little salt, black pepper, and a pinch of red pepper. Rub the soup through a strainer, add a little cream, if you have it, and serve immediately.

AVOID THE CHEAP AND "BIG CAN" BAKING POWDERS.

The cheap baking powders have but one recommendation; they certainly give the purchaser plenty of powder for his money. These powders are so carelessly made from inferior materials that they will not make light, wholesome food. Further, these cheap baking powders have a very small percentage of leavening gas; therefore it takes from two to three times as much of such powder to raise the cake or biscuit as it does of CALUMET BAKING POWDER. Therefore, in the long run, the actual cost to the consumer of such powders is more than CALUMET would be. Cheap baking powders leave the bread sometimes bleached and acid, sometimes yellow and alkaline, and always unpalatable. They are never of uniform strength and quality.

Why not buy a perfectly wholesome baking powder like CALUMET, that is at the same time moderate in price and one which can be relied upon? CALUMET is always the same, keeps indefinitely and gives the cook the least trouble.

PICKLED WALNUTS.

Pick them when tender enough to pierce with a pin and put in a strong brine, letting them stand for four days and changing the brine once during that time. Rinse off and keep in the sun until they become black, turning them frequently so that all parts of their surface may be exposed to the sun's rays. Pack in jars and pour over them a pickle of the best vinegar with plenty of pepper, ginger, mace, cloves, mustard-seed and horse-radish all boiled together.

BRANDIED PEACHES.

Put the peaches in boiling water for a few minutes, when the skin will peel off easily. Make a syrup of half a pound of sugar and half a teacup of water for each pound of peaches. Skim as the skum rises in boiling, then put in the peaches and boil them gently until tender—no longer. Take them out carefully and fill your cans or jars. Remove the syrup from the fire, and add to it half a pint of best brandy to every pound of peaches.

PEACHES.

Plunge into boiling water to make the skins come off easily, then throw into cold water. For three pounds of fruit use one pound of sugar and not quite a cup of water. When the syrup boils put in peaches, a few at a time, and cook until tender. Fill jars as for pears. The stones will add to the flavor.

PRESERVED GRAPES.

A delicious preserve can be made of California grapes. Cut each grape open with a knife and extract the seeds; add sugar to the fruit, pound for pound; cook slowly for half an hour or longer until the syrup and pulp of the grape are perfectly clear and transparent.

STRAWBERRY JAM.

Put into a porcelain kettle four pounds of strawberries, one pint of red currant juice and two pounds of sugar. Boil the berries and currant juice first; add the sugar and boil up again, skimming well. Put in jars, cover with brandied paper and keep in a cool place.

CHOCOLATE CARAMELS.

Two cups molasses, one cup brown sugar, one cup cream or milk, one-half pound of chocolate, piece of butter size of an egg. Beat all together; boil until it thickens in water; turn into large flat tins, well buttered. When nearly cold, cut into small squares.

VELVET MOLASSES CANDY.

Put one and one-half pounds sugar, one-half pint molasses, one-half pint water, one-quarter cup vinegar, in agate kettle. Heat; when boiling add one-half teaspoon cream tartar, boil till it crisps in cold water. Stir; when almost done add one-quarter pound butter, one-quarter teaspoon soda. Cool in buttered pan and pull.

WELSH RAREBIT.

One and one-half pounds cheese, grated, one tablespoonful butter, one teaspoonful of mustard, dry, pinch Cayenne pepper, one-half pint beer or ale, one yolk of egg, toast. Put butter into chafing dish; when nearly melted add cheese, melt slowly, mix mustard, pepper and yolk of egg with beer or ale and add slowly; stir constantly to prevent burning. Pour hot on toast.

BAKED MACARONI.

Break one-quarter pound macaroni in pieces an inch long, cook in boiling water, slightly salted, twenty minutes; drain, and put a layer in bottom of a greased bake dish, upon this some grated cheese and tiny bits of butter, then more macaroni, and so on, filling dish, with grated cheese on top; wet with a little milk, and salt slightly. Cover and bake one-half hour; brown; serve in a bake dish.

WARNING TO HOUSEWIVES.

The average consumer of baking powder does not know that a reaction occurs in the process of baking. Whenever a chemical reaction takes place, the nature of the original materials is entirely changed, so that the substances which remain in the food to be eaten are very different from those which composed the baking powder before baking. For this reason, the statement that a baking powder contains alum or cream of tartar is worthless so far as informing the consumer as to what he eats. What the consumer wants to know is what goes into his stomach, not what is in the can. Food prepared with a cream of tartar baking powder does not contain any cream of tartar, just as food prepared with alum baking powder is free from alum. In the case of the high-priced trust baking powders, this bread residue consists of Rochelle Salts, the active ingredient of Seidlitz Powders. That is, when food prepared with these trust baking powders is eaten, the consumer is taking a dose of Seidlitz Powders. Rochelle Salts is a medicine and not a food, and this constant dosing will seriously derange the digestive organs. Prof. Wiley, chemist of the United States Department of Agriculture, has declared in substance that "A loaf of bread made from a quart of our flour leavened with cream of tartar baking powder contains 45 grains more of Rochelle Salts than is contained in one Seidlitz Powder." At a hearing before the Committee on Public Health of the Massachusetts Legislature, on a bill designed to prevent this wholesale dosing of the public, the following eminent Boston physicians testified against the healthfulness of Rochelle Salts, and strongly recommended the passage of a law which would prohibit the sale of powders which left this dangerous drug in food. Dr. Hartung, Dr. C. O. Kepler, Dr. F. B. Foster, Dr. G. M. Palmer.

Why should the consumer pay forty-five or fifty cents per pound for baking powder when the best baking powder in the world can be made to retail at twenty-five cents per pound (the price asked for Calumet Baking Powder) and leave a fair manufacturer's profit? The manufacturers of Calumet Baking Powder have for years made a standing offer of $1000.00 for any substance injurious to health found in food prepared from it. Bread made from Calumet is entirely free from Rochelle Salts, alum, lime or ammonia.

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